

Channahon Park District

SWIM LESSONS

RESIDENT REGISTRATION BEGINS APRIL 22
NON RESIDENT REGISTRATION BEGINS APRIL 29

	SESSION 1 June 8-18		SESSION 2 June 22-July 2		SESSION 3 July 6-16		SESSION 4 July 20-30		SAT SESSION June 13-Aug 8	
9:00 AM	Preschool	8314	Preschool	8317	Preschool	8318	Preschool	8319	Preschool	8340
	1	8378	1	8379	1	8380	1	8381	1	8402
	2	8404	2	8405	2	8406	2	8407	2	8428
	3	8429	3	8430	3	8431	3	8432	P/T	8514
	4	8453	4	8455	4	8456	4	8457	Private	8504
	Private	8488	5	8478	Private	8490	5	8479		
9:45 AM	Preschool	8320	Preschool	8321	Preschool	8322	Preschool	8323	Preschool	8341
	1	8382	1	8383	1	8384	1	8385	1	8403
	2	8408	2	8409	2	8410	2	8411	3	8454
	3	8433	3	8434	3	8435	3	8436	P/T	8515
	4	8458	4	8459	4	8460	4	8461	Private	8505
	6	8342	5	8480	6	8343	5	8482		
10:30 AM	Preschool	8324	Preschool	8325	Preschool	8326	Preschool	8327		
	1	8386	1	8387	1	8388	1	8389		
	2	8412	2	8413	2	8414	2	8415		
	3	8437	3	8438	3	8439	3	8440		
	4	8462	4	8463	4	8464	4	8465		
	P/T	8506	P/T	8507	P/T	8508	P/T	8509		
11:15 AM	Preschool	8328	Preschool	8329	Preschool	8330	Preschool	8331		
	1	8390	1	8391	1	8392	1	8393		
	2	8416	2	8417	2	8418	2	8419		
	3	8441	3	8442	3	8443	3	8444		
	4	8466	4	8467	4	8468	4	8469		
	5	8481	6	8344	5	8487	6	8345		
5:00 PM	Private	8496	Private	8497	Private	8498	Private	8499		
	Preschool	8332	Preschool	8333	Preschool	8334	Preschool	8335		
	1	8394	1	8395	1	8396	1	8397		
	2	8420	2	8421	2	8422	2	8423		
	3	8445	3	8446	3	8447	3	8448		
	4	8470	4	8471	4	8472	4	8473		
5:45 PM	5	8483	6	8346	5	8484	6	8347		
	Private	8500	P/T	8510	Private	8501	P/T	8511		
	Preschool	8336	Preschool	8337	Preschool	8338	Preschool	8339		
	1	8398	1	8399	1	8400	1	8401		
	2	8424	2	8425	2	8426	2	8427		
	3	8449	3	8450	3	8451	3	8452		
	4	8474	4	8475	4	8476	4	8477		
	6	8348	5	8485	6	8349	5	8486		
	P/T	8512	Private	8502	P/T	8513	Private	8503		

SPLISH SPLASH BUY A POOL PASS

**TOMAHAWK
AQUATIC CENTER
POOL PASS RATES**

RESIDENT POOL PASS

Individual \$75
 Family of Two \$90
 Family of Three \$105
 Family of Four \$120
 Each add'l Family Member \$10
 Senior Individual \$45
 Senior Family of Two \$50
 Caregiver/Care Receiver \$60
 2nd Care Receiver \$45
 3rd Care Receiver \$30

NON-RESIDENT POOL PASS

Individual \$95
 Family of Two \$120
 Family of Three \$180
 Family of Four \$190
 Each add'l Member \$25



**CHANNAHON
PARK DISTRICT**

Est. 1971

SWIM LESSONS

RESIDENT REGISTRATION BEGINS APRIL 22

NON RESIDENT REGISTRATION BEGINS APRIL 29

Week day swim lessons meet for 40 minutes Monday through Thursday for two weeks. Saturday swim lessons meet for 40-minutes on 8 Saturdays. Parent/Tot classes are 30 minutes. Swim lessons will not be cancelled. In the event of inclement weather, safety lessons will be covered indoors at Arrowhead Community Center.

Registration Deadline: Friday prior to the first class of each session. Participants may only register for 2 sessions at one time.

Refund Deadline: Requests must be submitted by the Thursday prior to the new session to receive a refund. Otherwise a doctor's note must be provided.

Min/Max: **Group:** 3/10 **Private:** 1/2
Res/Nonres: **Group:** \$38/\$54 **Private:** \$90/\$135

The Channahon Park District utilizes the American Red Cross Learn to Swim program.

In order to provide the best experience possible, we ask that you please review the following levels and select the best possible level for your child. The staff will adjust participants up or down one level only as necessary.

PARENT AND CHILD AQUATICS

Ages 6 to 36 months

Parents and tots are introduced to the water through fun and playful activities. Games and songs are an integral part of this class. Babysitting is available at Heritage Crossing Field House for siblings not enrolled in their own swim lesson. Parent:Child ratio is 1:1.

PRESCHOOL AQUATICS

Ages 3-5 years

Designed for the preschool swimmer, this level encourages young swimmers to be comfortable in and around the water. Games and songs are used in teaching supported floating, kicking, front arm movements, and various water safety skills.

LEVEL 1 – INTRODUCTION TO WATER SKILLS

Ages 6 years and up or completed preschool level

Level one teaches new swimmers going under water, opening eyes under water, supported and unsupported floating and kicking, exhaling under water, beginning arm movements and more. Reaching and extension assists are among the Red Cross safety skills taught.

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

Ages 6 years and up or completed level 1

In this level swimmers will learn supported and unsupported floating and kicking, rhythmic breathing, front crawl movements and beginning back crawl movements. Reaching and extension assists are among the Red Cross safety skills taught.

LEVEL 3 – STROKE DEVELOPMENT

Ages 6 and up or completed Level 2

Level 3 emphasizes improving front crawl stroke, coordinating back crawl and learning the elementary back stroke. Dolphin kick and survival skills are taught here.

LEVEL 4 – STROKE IMPROVEMENT

Ages 6 and up or completed Level 3

Breaststroke and butterfly are introduced. Front and Back Crawl as well as elementary back stroke are perfected. Develops confidence in skills learned and improves other aquatic skills.

LEVEL 5 – STROKE REFINEMENT

Ages 6 and up or completed Level 4

A technical review of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke is conducted. Front flip turn, backstroke flip turn and surface dives are introduced.

LEVEL 6 – SWIMMING AND SKILL PROFICIENCY

Ages 6 and up or completed Level 5

Refines the strokes so students swim them with ease, efficiency and power for greater distances. Level 6 options include personal water safety, fitness swimmer and lifeguard readiness.

PRIVATE SWIM LESSONS

Swimming is an important life skill and all children should have the opportunity to learn. Private swim lessons are the perfect opportunity to get one on one attention for your child. Whether your child is afraid of the water or ahead for his/her age, the instructor will adjust the swim lesson to suit your child's needs.

ADULT SWIM LESSONS

Swimming is a life skill that you are never too old to learn! Start experiencing the benefits of water now for relaxation or physical fitness. Gain confidence for that Caribbean vacation or boat outing. Lessons are taught according to American Red Cross standards and according to participants needs. If you are interested in Adult Swim Lessons call Ryan at 815-521-3111 to set up a lessons schedule.

**A SWIM LESSON WAIVER MUST BE FILLED
OUT IN ORDER TO PARTICIPATE IN ANY SWIM
LESSONS.**

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